

**Newton Recreation Department  
is proud to be offering:**

# **Water Aerobics**

**at Newton Recreation Swimming Pool**

**Ages: 16 & Older**

**Mondays & Wednesdays**

**June 15—August 31, 2016**

**Note: Classes will not be held the week of**

**July 4th & Soldiers Reunion Week**

**6:30pm to 7:30pm**

**Cost: \$3 Per Class**



**The class will offer non weight-bearing exercises to improve muscular endurance, core strength, endurance, flexibility, and cardiovascular conditioning. The class, helps participants burn calories while keeping the body cool in a fun environment.**



**For further information contact the Newton Swimming Pool at (828) 695-4361  
or the Newton Recreation Department at (828) 695-4317.**